



Performance Training in Football Refereeing Weekly Training Plan

- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 78'

Wed. 21st:

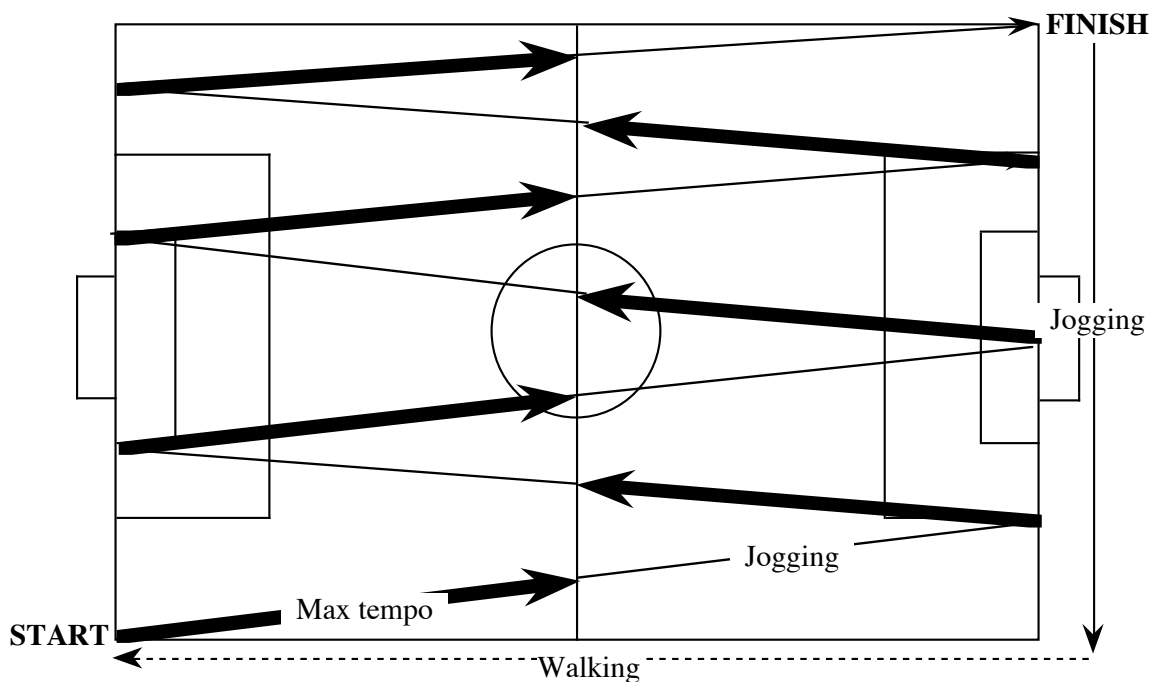
REST or PASSIVE RECOVERY

Thu. 22nd:
Tr. 143

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End. - Set 1: Field exercise, 2 laps
One lap consists of 7 max. tempo runs followed by 7 recovery joggings. The maximum tempo should consist of 95% of maximal speed. The jogging should take \pm 3 x longer than the duration of the tempo run. After reaching the finish, referees jog all along the goal line until the next corner and then walk back to the start position. It takes \pm 13' to do 2 full laps.

- 4' passive recovery (until bpm < 65% HR_{max})

- Set 2: Field exercise, again 2 laps of 7 max. tempo runs each



- All together this exercise takes \pm 30'
(13' Set 1 + 4' rec. + 13' Set 2)



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- * Match play - If referees have a group training session then a 10' regular football match can be played with the restriction that the ball can only be touched twice ('control & pass').
 - Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 90'

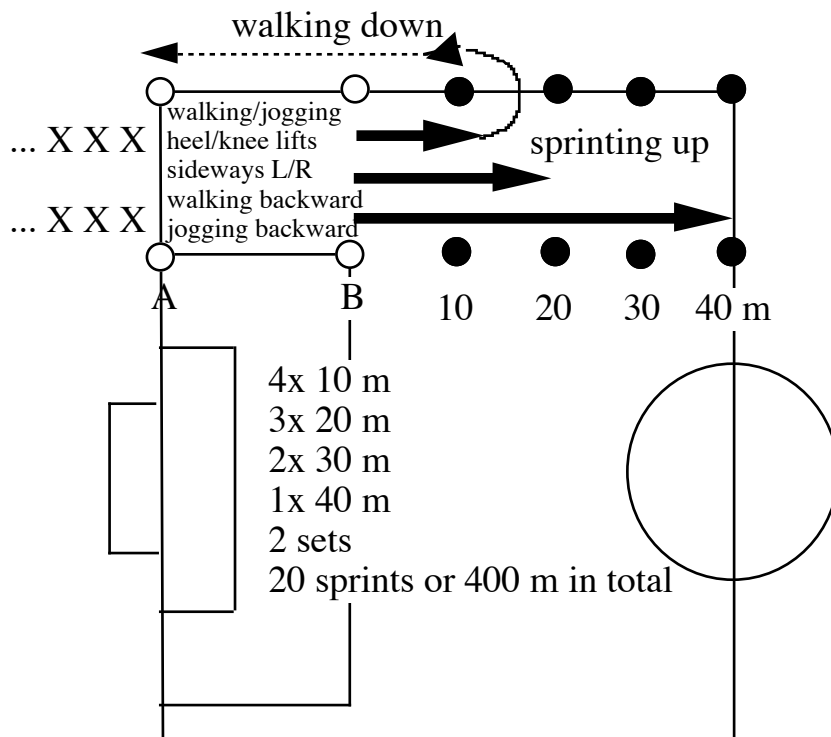
Fri. 23rd.

REST or PASSIVE RECOVERY

Sat. 24th.
Tr. 144

- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Speed
 - 10 m sprint up, 10 m walk down, 4 x
 - 20 m sprint up, 20 m walk down, 3 x
 - 30 m sprint up, 30 m walk down, 2 x
 - 40 m sprint up, 40 m walk down, 1 x

- Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you start each sprint. Once the 10 sprints (200 m total sprinting distance) have been completed there is a 5' recovery, stretching and drinking break.





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- Then perform a second set of sprints but now in reversed order, i.e. from 40 m to 10 m, for another total of 10 sprints

- The total exercise time is 15'

* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 25th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.